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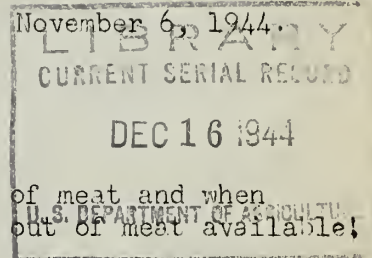
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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

Vol. 2, No. 2

MEAT COOKERY (Continued)
ROASTING.



Cooking Time - Many factors affect cooking time of meat and when taken into consideration can help you to get the most out of meat available!

1. Cooking Temperature - With automatically controlled and perfectly regulated ovens there may be little or no variation in roasting temperatures from day to day.
2. Size and Shape of Cut - In general, the larger the cut the longer will be the total cooking time required but the fewer minutes per pound. A flat roast will cook in less time than a chunky one of the same weight since the distance from the outside to the center is less; hence less time is required for the heat to penetrate.
3. Style of Cut - Standing rib roasts will cook in considerably less time than the same roasts if boned and rolled. As much as five to ten minutes additional time per pound may be necessary to cook rolled roasts as compared with the same roasts with the bones left in.
4. The Oven Load - The more cuts there are in the oven at one time, the greater will be the total time required for cooking even tho the number of minutes per pound decreases.
5. Speeding Cooking Rate - A good layer of fat over a roast will speed up its rate of cooking because melting fat is an excellent conductor of heat.
6. Aging of Meat - Roasts from well-ripened carcasses require less time to cook than those which have not been aged. Carcasses or cuts of meat best adapted to ripening are those of high quality with a good layer of fat on the outside.
7. Degree of Doneness - Use a heat thermometer to control the degree of doneness. Some institutions have a patronage demanding rare roast beef, while some must serve it more nearly well done. Still others must provide a choice of rare, medium and well-dene beef.

(over)

The meat thermometer will enable the cook to obtain these various degrees of doneness with the exactness of the Chef who has had many more-years of experience in the handling and cooking of meats. Even when meat is being cooked to the well done stage, the meat thermometer is extremely valuable in preventing overcooking with its resulting increase in shrinkage.

A GUIDE FOR THE NUMBER OF POUNDS OF MEAT TO BUY FOR ROASTING

To Serve 100			
Cut	Style	Weight of Cooked Serving	Approx. Amount to Purchase
Round of Beef	Rump and Shank off	3.0 oz.	55 lbs.
		4.0	74
		5.0	91
Sirloin Butt of Beef	Boneless	3.0 oz.	32 Lbs.
		4.0	50
		5.0	63
Ground Beef	Meat Loaf (all meat)	3.0 oz.	35 Lbs.
		4.0	46
		5.0	58
Ground Beef	Meat Loaf (Cereal Filler)	3.0 oz.	21 Lbs.
		4.0	28
		5.0	35
Leg of Lamb	Bone-in	3.0 oz.	46 Lbs.
		4.0	62
Shoulder Lamb	Bone-in	3.0 oz.	32 Lbs.
		4.0	42
Shoulder Lamb	Boneless	3.0 oz.	30 Lbs.
		4.0	40
Leg of Veal	Bone-in	3.0 oz.	38 Lbs.
		4.0	50
Shoulder "	Cushion	3.0 oz.	28 Lbs.
		4.0	37
Shoulder "	Rolled	3.0 oz.	31 Lbs.
		4.0	41
Round "	Rump and Shank off	3.0 oz.	41 Lbs.
		4.0	54
Loin Pork	Bone-in	3.0 oz.	44 Lbs.
		4.0	59
		5.0	74
Loin Pork	Boneless	3.0 oz.	47 Lbs.
		4.0	62
		5.0	78
Shoulder of Pork	Cushion	3.0	41 Lbs.
		4.0	54
		5.0	68

If the roasting temperature of the beef, veal and lamb is increased above 300°F and of Pork above 350°F, the number of pounds of meat purchased to provide any certain weight of cooked servings will necessarily have to be increased.